

# thenewhammag

issue 206 // 15-29 October 2010



**Music to  
our ears**

Revisiting the Mayor's promises (p10)



# Guy Fawkes Night

## FREE Fireworks display

**Friday 5 November**

**Wanstead Flats, Centre Road E7**

**Gates open: 6.45pm Display: 7.45pm**

Event entrances on Centre Road and Dames Road (no access from Lake House Road)  
No public parking; blue badge parking available before 7pm. Please use public transport.  
Buses: 58, 101, 308, 328, 330, W19  
Rail: Manor Park, Wanstead Park, Forest Gate  
No dogs or personal fireworks including sparklers allowed on site.  
Display held on soft ground.

**020 8430 2000 [www.newham.com](http://www.newham.com)**

*Brought to you by the  
Mayor of Newham*





In this issue we're reporting back on the promises I made to you in my Contract seven months ago. A promise is a commitment and you can see how I'm keeping mine in our three-page special (p10). We also bring you news of the final

15 candidates for Young Mayor 2010 (p8) while meeting an inspirational resident who is getting fit ahead of the Newham London Run next year (p28).

Enjoy.

*Sir Robin Wales*  
Mayor of Newham

**Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.**

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Look out for the next issue from 29 October

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To request a large print version of the Newham Mag call 020 3373 1517 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

## IN BRIEF //

### Fostering good arrangements

If you're looking after a child aged under 16 (or under 18 if disabled) who stays with you for 28 days or more and is not a close relative you must inform Newham Council.

Known as a private fostering arrangement, a child's parents or the private foster carers must notify their local authority of any arrangements. Parents are legally obliged to do this as they are and remain responsible for the care of their children. Notification is essential for the protection of the children or young people concerned.

To notify the council of a private fostering arrangement, whether you're a parent or a young person, call 020 8430 2000 or visit [www.newham.gov.uk/fostering](http://www.newham.gov.uk/fostering)

### Aid for flood victims

A donation of £446 has been made to the Pakistan Floods Appeal on behalf of the Mayor of Newham's Trust Fund.

The money was collected during the recent free Under the Stars music nights held in East Ham's Central Park.

### Awards for Newham Athletics Network

Newham Athletics Network, which is supported by the council, has scooped two nationally recognised awards. The network is the only one in the country that's supported by a local authority. England Athletics, which works with the community to encourage participation, awarded Newham Athletics Network The London Regional Partnership of the Year and Run in England Project of the Year awards. Read more about Run in England on page 28.

## Joint proposal for future of Olympic Stadium

Radical plans to run the Olympic Stadium after the London 2012 Games have been delivered to Downing Street.

West Ham United Football Club players Scott Parker, Carlton Cole and Mark Noble were joined by Young Mayor Kaycee de Belen and pupils from Cleves Primary School as they handed in the ambitious plan.

The proposal – a joint bid between the council and West Ham FC – would see most of the iconic stadium structure retained after the Games. It would be adapted to have a 60,000 seater capacity and host football and athletics, alongside other major sports, concerts and community facilities.

The Premier League football club and the council believe the move could result in the best ever legacy for an Olympic Stadium. It would generate much needed employment in the area and make for a healthier east London by increasing sports and physical activity.

Mayor Sir Robin Wales said: "Our plans would deliver upwards of two million visitors each year and provide a significant beacon in the East End. A busy stadium will enhance the regeneration of the wider area and importantly, there will be no cost to the public purse after the stadium's conversion."

Kaycee said: "It is essential we secure the use of the stadium to benefit Newham's young people."

West Ham FC and Newham had earlier formally delivered their bid to the Olympic Park Legacy Company. It is expected to announce the winner later this year.



(back row) West Ham FC Players, Kaycee (far right) and pupils from Cleves Primary School hand over the plans

## Free Hallowe'en party at the Old Town Hall

The ghouls are out this Hallowe'en as Newham Council hosts a spooky Hallowe'en event. On Friday 29 October, the courtyard at the Old Town Hall, Stratford will be transformed by creative company Theatre Venture for some wicked family friendly fun.

With a fancy dress competition, a disco, children's activities, a craft fair and food on offer, there will be plenty to do to get you in the spooky spirit. Trick or Treat: The Hallowe'en Experience will be held at the Old Town Hall, 29 Broadway, Stratford from 12noon-5pm, with a disco from 5-7pm. For more information call 020 3373 7033 or visit [www.newham.gov.uk/halloween](http://www.newham.gov.uk/halloween)



# News

## New shoots flourish in community gardens



A derelict site has been transformed into a temporary urban oasis for community groups to grow their own.

The Community Growing and Events Space, off Clarkson Road, E16, boasts more than 40 different growing boxes, made using materials donated by construction companies working in the borough.

Volunteers from a range of local community organisations including Newham Community Recycling (The Wombles), The East London Business Alliance, Groundwork, Anchor House and Community Payback, worked hard to quickly transform the site.

Deputy Mayor Andrew Baikie was at the launch of the gardening project called Growing PlaceE16. He said: "The Community Growing and Events Space in Canning Town is a perfect example of what can be achieved when the council works with the local community."

## Obituary for bestselling East End author

It is with great sadness that Newham Council has learned of the death of bestselling writer and novelist Gilda O'Neill.

Born in Bethnal Green in 1951, Gilda O'Neill was brought up in the East End. She left school at 15 but went on to gain three degrees, turning to writing full time in 1990. She hit the bestseller lists with her *History of Cockney London* and *My East End*.

Gilda was one of the first people to respond to Stratford Circus' call out to established artists from London's East End to work alongside them and enrich their artistic programme and went on to become Stratford Circus' artistic ambassador. She also worked closely with Newham Bookshop in Plaistow where she took part in panel discussions and held talks and book signings.

Clare Connor, director at Stratford Circus said: "We are grateful that Gilda's legacy lives on through her writing and we will continue to celebrate her life and work as an important artist of our time."



## Innovative teen scoops top fashion award

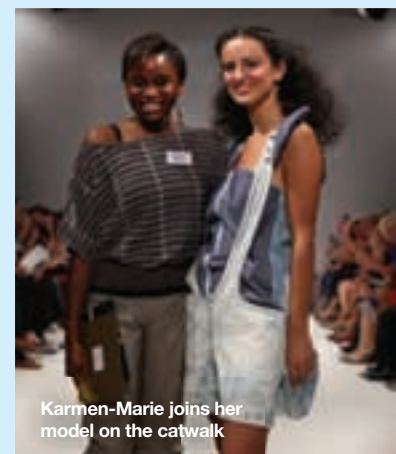
A Newham teenager who previously graced the cover of the Mag has won an award for her textile design at the 2010 FAD Junior Awards, held as part of London Fashion Week.

Karmen-Marie Parker, 17, burst into tears on hearing she had won the Award for Commercial Innovation in the competition organised by charity Fashion Awareness Direct (FAD).

Karmen-Marie said: "I wouldn't have known anything about the fashion industry if I didn't do something like this. This has given me a head start; given me the boost and the confidence to think 'okay, yeah, I can do this'."

Newham student, Gurmeet Kaur, 18, also took part in the final with her floor length turquoise evening gown with 3D rose details.

Karmen-Marie and Gurmeet were selected from 130 young people who participated in FAD's Fashion Futures 2 workshops earlier this year. The 24 finalists spent a week at FAD's Summer School, held at the University of East London.





# Bosses must play fair by paying fair

Times are tough for all of us.

But that is no excuse for a few rogue bosses to pay workers less than they should. I am talking about the National Minimum Wage (NMW).

Newham has many small and medium sized businesses which employ local people. This makes enforcing the NMW more difficult and more challenging. Most of our businesses comply with the law, but there are a minority who don't.

Currently, the responsibility for enforcing the NMW lies with central Government. Enforcement is just reactive. So if someone complains they are not being paid enough we investigate. We then have to pass on what we find out to central Government.

**"We believe councils like Newham are best placed to ensure all bosses play fair by paying fair."**

But the enforcement is ineffective and inefficient because central Government does not have the intelligence and resources.

We do – and wouldn't it make so much more sense if the buck stopped with the council and we were able to act on complaints – quickly and directly? Local authorities like us routinely have to go into work places to check regulations are being followed. It would be easy to ensure the right wages are being paid

while we're there.

Our officers know the area better and know where to look. And local people are more likely to complain to the council about wage abuse. They trust us. The council will be better able to protect workers' rights and ensure they are informed of these rights in the first place.

Local enforcement would also have a big impact on illegal residents. Immigrant labour is common at places like takeaways and Newham has a lot of these. Bosses would find it harder to hire those willing to work for less than the minimum wage. Poor enforcement also means that overall wages are driven down, making it harder for local people to get jobs.

Low paid workers are some of the most exploited people in our society.

We believe councils like Newham are best placed to ensure all bosses play fair by paying fair.

*On 1 October, the National Minimum Wage increased. The new rates are: £5.93 per hour for low paid workers aged 21 and over; £4.92 per hour for 18 to 20-year-olds; and £3.64 per hour for 16 to 17-year-olds. There is also an apprentice minimum wage of £2.50 per hour. The new rate applies to those apprentices who are under 19 or those that are aged 19 and over but in the first year of their apprenticeship. All other apprentices are entitled to the standard minimum wage rate for their age group.*

*If you think you are not being paid enough, call the Pay and Work Rights helpline free on 0800 917 2368.*



A street scene enforcement officer helps a local business man in East Ham



## Mayor's view

# Congratulating pupils for carnival success

It was with pleasure that I visited East Ham's Vicarage Primary School and Manor Primary School in Manor Park to say a big thank you to pupils who took part in the carnival at this summer's Newham Show.

Youngsters from the school joined about 10,000 revellers, including pupils from many other Newham schools, for this year's carnival which filled East Ham's streets with colour and music.

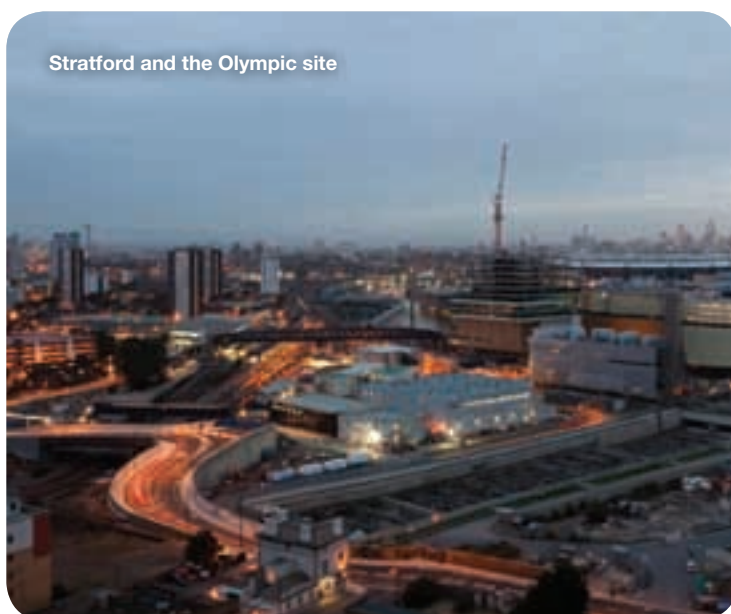
To mark this spectacular event, which took place in July, I am handing out medals to all the young people in the borough who participated. I am also giving their schools commemorative plaques to say well done for their efforts.



Sir Robin hands out medals at Manor Primary School



Sir Robin with Vicarage head teacher Yvonne Ward, Cllr Quintin Peppiatt and carnival kids



Stratford and the Olympic site

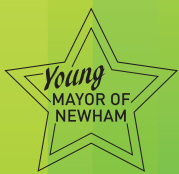
## Call for Olympic marathon to finish in east London

I have joined up with other East End council leaders and MPs in calling for the Olympic marathon to finish inside Stratford's Olympic Stadium. Our move comes after it was revealed that organisers for the 2012 Games are considering starting and finishing the event at The Mall, near Buckingham Palace and not in the Olympic Park.

The marathon is the only event that will give residents the opportunity to see Olympic athletes for free – and on their doorsteps. Our residents are putting up with a lot of disruption caused by the construction. It's only fair they get something back in return.

I hope the Olympic marathon keeps its rightful place on the streets – and Olympic stadium – of east London.

# with Sir Robin Wales



# The final 15

**The primary election to find the next Young Mayor of Newham is over and the results are in.**

Thousands of young people from across the borough cast their votes in the online ballot and whittled the initial group of 57 nominees down to the final 15 candidates.

These are: Clinton Ajayi, Samuel Barley, Chloe Barry, Khadija Begum, Maria Booth, Dimple Hirani, Jasmin Joseph, Angelica Lukauskas, Ali Mohamed, Beverley Nketia, Nabi Osei, Khadeeja Patel, Prashanta Ray, Glen Toonga and Anisha Varsani.

A final paper ballot on Wednesday 3 and Thursday 4 November will decide who the next Young Mayor and Deputy Young Mayor will be. The 13 remaining candidates will become Youth Councillors.

The Young Mayor and Youth Council represent all 11 to 17-year-olds who live, work or study in the borough, giving them a voice on major issues and an opportunity to influence big decisions.

During the final election campaign candidates will be telling voters what they stand for and how they would improve the local area if they were elected. Entertainment, safety, job opportunities and the environment are just some of the issues hot on candidates' lips this year.

## WHO TO VOTE FOR

You can find out what the final 15 are proposing by visiting [www.newham.gov.uk/elections](http://www.newham.gov.uk/elections). Watch the candidates' online video manifestos to see which one you think will stand up for the issues that matter most to you.

You should also keep your eye out for candidates at your school, college and local Connexions centre where they'll be hard at work campaigning for your votes.

To vote in the election you need to be aged 11 to 17 and either live, work or study in Newham. Polling stations will be



open at local schools, colleges and Connexions centres.

**Visit [www.newham.gov.uk/elections](http://www.newham.gov.uk/elections) to find out more about the process. Check out the next issue of the Mag where we'll be profiling the final 15. And don't forget – YOUR VOTE COUNTS!**





# BUY PART OF YOUR APARTMENT GET ALL OF THE REAL LONDON

If you want to experience the real London, look no further than the east. From its rich history and culture to its current renaissance fuelled by the financial sector and the Olympics, the east of London encompasses all that makes London one of the greatest cities in the world.

Here is where you'll find pie and mash (don't forget the parsley liquor!), the most authentic curries outside Delhi and haute cuisine within minutes of each other. Where you can get a bargain dress at one of the many street markets and retro stores for a night out clubbing or a £2,000 ball gown for that really special occasion.

And it's also where Genesishomes is delighted

to introduce three new shared ownership developments right in the heartland of the area, Newham.

Shared home ownership is the smarter way to get on the property ladder – you choose a property you like, buy a share you can afford and pay a subsidised rent on the rest. You save substantially on renting a similar property privately and you can increase your share at any time all the way to 100%.

Genesishomes is one of the UK's leading providers of shared ownership properties and gets people from all walks of life onto the property ladder. Call us today to discuss your eligibility and book a viewing.

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Part of the Genesis Housing Group

**0800 954 0430**  
[www.genesishomes.org.uk](http://www.genesishomes.org.uk)

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## **ST LUKE'S SQUARE** CANNINGTOWN, E16 1FG

St Luke's Square delivers on space with large apartments and expansive picture windows. And all two bedroom apartments have both an ensuite and a main bathroom making them perfect for those with families or who are about to start one.

## **PIER ROAD** NORTH WOOLWICH E16 2FH

Located within the historic Royal Docks, Pier Road provides modern, sophisticated living with a number of properties boasting stunning views of the River Thames. These two-bedroom apartments are designed to maximise style and space. A selection include a separate kitchen while some come with a semi-enclosed kitchen / living and dining area.

## **FORBES HOUSE** FOREST GATE, E7 8BS

Arranged over three floors, these one and two bedroom penthouses provide generously proportioned living space with expansive windows, giving apartments a bright and airy feel. Kitchens are fully fitted and include Indesit stainless steel electric oven and gas hob and boast slick, black granite work tops and low energy spotlights.

# PROMISING FUTURE

With the financial future of the public sector uncertain, the challenge of continuing to provide services that our residents need is greater than ever. Though an adjustment of the purse strings is inevitable, Mayor Sir Robin Wales has made a series of promises – and he intends to keep them.

Earlier this year, Sir Robin published his annual Contract which promised a raft of improvement and opportunities across all areas of our community. From a freeze on Council Tax to revamped parks, the promises in the Contract responded to your strongest concerns. Seven months on, we revisit his Contract to update you on progress made in the things that matter the most to you.

## OPPORTUNITY FOR ALL

Working hard to help you access new job and training opportunities

Residents are continuing to find work through the council's employment scheme, Workplace, with more than 5,000 people benefitting from the service since it opened in 2007. From April to August this year, more than 1,200 people found work with our help. Almost 750 people have received training to give them the skills employers need.

### Every Child a Musician

This ground-breaking programme is now under way in 11 schools with the intention for all primary schools to be participating by summer 2011. The programme has begun in Gallions, Godwin, Tollgate, St Winefride's, Curwen, Sandringham, Elmhurst, Essex, Kaizen, Portway and Park primary schools.

### Improving more than 14,000 council homes by 2012

At the end of June 2010, 75 per cent of council homes met the national Decent Homes standard. So far 714 council homes have been improved with refurbishments such as a new kitchen or bathroom.

### Free personal care to residents in need

Currently, 699 residents regularly use our free day care services which provide a range of rehabilitative, therapeutic and



recreational activities tailored to each person's need.

### Schools fit for the 21st century – investing £250m in education

Despite the Government's announcement to halt planned improvements to schools across the country, we have still managed to secure upgrades to several of our secondary schools. From a cyber café to improved study areas, sports halls to synthetic turf pitches, these changes will provide 21st century classrooms and learning opportunities that are needed for our young people to flourish.





## ON YOUR SIDE IN TOUGHER TIMES

### No increase in Council Tax

Newham has the lowest Council Tax in outer London and Sir Robin has ensured that in these tough economic times there was no increase again in 2010.

### Free school meals

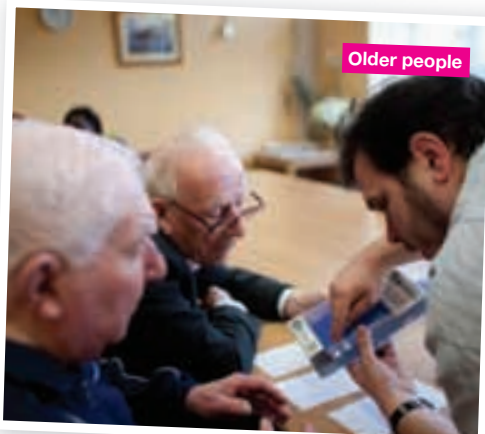


### Free school meals

Between September 2009 and August 2010, more than four million free school meals were served in Newham's primary schools. As well as ensuring our kids have the nutrition they need, this initiative is saving families £330 per child, per year. Despite a decision by the Government to stop funding the scheme, Sir Robin is committed to continuing it in Newham, saying: "We are determined in Newham to do what is right and best for our community. So we will defend things like free swims for under 16s and free school meals to support hard working low income families."

### Helping older and vulnerable residents reduce their fuel bills

So far, 177 vulnerable and elderly



people have been assisted by referrals to organisations like Warm Front, which help with grants for insulation and heating improvements.

## SAFER NEWHAM

### Making our streets safer

There are an additional 31 police and Police Community Support Officers (PCSOs) around schools, parks and estates – areas you said needed a stronger uniformed presence.

Our 51 enforcement officers are out tackling fly tipping, irresponsible dog owners, street gambling and drinking, and illegal trading.

## FACING FACTS

- > Since April 2,194 fines and penalty notices have been issued for various types of anti-social behaviour.
- > There have been 146 undercover alcohol test purchases by under 18s to ensure our businesses are complying with the law.
- > Ten businesses have been prosecuted or cautioned for selling alcohol to people under 18.

### Increased CCTV to improve community safety

Twenty mobile cameras have been purchased and there are plans to upgrade existing town centre cameras.



### Cracking down on anti-social dog owners

So far this year the council has seized 33 dangerous dogs compared with 25 in 2008/09 and 13 the year before.

Since April, 62 dangerous dog complaints have been investigated, resulting in the seizure of 15 Pit Bull Terrier type dogs and 53 warning notices about unacceptable canine capers that cause a nuisance to our residents.







## CLEAN AND GREEN NEIGHBOURHOODS

### Improving our parks

In the past two years there have been massive improvements to parks and open spaces across the borough.

Paving and fencing works at Canning Town Recreation Ground is complete and remaining play and landscape works will be finished by the end of March 2011. Work has now also begun at Keir Hardie Park, due for completion in spring.

Users of Gooseley Playing Fields are enjoying new play areas and surfacing repairs have been carried out on the Greenway, with fencing repairs scheduled in the new year.

### Doorstep recycling advice

When we say we're committed to helping you manage your waste better we're not

talking rubbish. Massive changes, which you can read more about on page 16, are being made to divert more rubbish from landfill by ensuring residents utilise all our recycling services. Council officers will be visiting homes to explain more about services available and how you can play your part by using them.

### Free bulky waste collection

If you live in Newham you can still get six bulky items removed for free. Other local councils charge for this service. If you lived in any of our neighbouring boroughs you could pay up to £20 to have your items removed.

Plenty of you are utilising this service with more than 8,000 collections of bulky waste made between April and August.



## ACTIVE AND CONNECTED

### Free events for all

More than 126,000 people have come to free events in the borough; 22,000 of you attended our Sunday Funday and Newham London Run; 50,000 visited the Mayor's Newham Show; 42,000 danced the night away at Under The Stars; and 12,000 came down to the docks for the Newham London Waterfront Festival. There's still more to come with a Guy Fawkes spectacular on Friday 5 November at Wanstead Flats, see page 2.

### Improving play areas

Thirteen play areas have already been

revamped across the borough with the remaining two expected to be completed by the end of March 2011. From cradle swings to rope climbing valleys, modern equipment to natural landscaping – we know how important play is for our children and young people.

### Free bowls club memberships

More than 600 residents have tried their hand at bowls thanks to taster sessions offered around the borough to encourage older residents to get active and enjoy the outdoors. Around 100 people were bowled over by the offer of free memberships and are now part of their local club.







# Hide & Eeek!!

This Halloween head down to Gallions Reach during half term and take part in our spooky pumpkin hunt with the chance to win £250!

Find the 10 hidden pumpkins in various windows at Gallions Reach. Tell us where they are hidden and what pumpkin number they are. Completed entry forms can be handed in at the management suite.

Pick up an entry form at the centre or download one from our website [www.gallions-reach.co.uk](http://www.gallions-reach.co.uk)



**GALLIONS  
REACH**



# E-easy reading

**Browse the bookshelves of your local library from the comfort of your own home. You can now access eBooks and audiobooks using your home computer - day or night - thanks to Newham's new eLibrary service.**

Audiobooks take reading aloud to a new level, giving you the chance to sit back and listen to spoken word versions of the latest books. The eLibrary service means you can enjoy listening to riveting reads on your home computer or personal MP3 player.

eBooks can be downloaded to a computer or portable digital reading device so you can immerse yourself in the world of words on the go.

To get started, visit the library homepage – <http://library.newham.gov.uk/> – and click on the eLibrary link. There you can browse thousands of audio and eBook titles and make your selection.

The software you need to get started can be downloaded free of charge from the site. There's also a helpful guided tour to take you through the process of downloading your selections.

With a massive range of fiction and non-fiction available, from classics to bestsellers and catering for all ages, Newham's eLibrary means you can get hold of the book of your choice whenever you want – however busy you are.

**Newham's eLibrary service is absolutely free for library members – all you need is your library card, access to the internet and a computer or reading device that meets the system requirements.**

## WIN AN eREADER

We've got a state-of-the-art eReader up for grabs for one lucky library user.

To be entered into the draw to win a Sony PRS350 Silver Edition eReader complete the Public Library Users Survey taking place in our libraries during the first week of November.



The survey is your opportunity to let us know what you think of your libraries and help us provide the service that best meets your needs. Feedback will be used to make the improvements you want as well as continuing to do the things you like.

**Visit any Newham library from Monday 1 November to complete the paper survey and enter the competition.**



# REASONS TO BE CHEERFUL

SCRIPT BY **PAUL SIRETT** MUSIC BY **IAN DURY**



**THEATRE ROYAL**  
— STRATFORD EAST —

**020 8534 0310**

**www.stratfordeast.com**

**22 OCT — 13 NOV 2010**

**22, 23 & 26 October all tickets £10**

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Sex Drugs and Rock and Roll, Sweet Gene Vincent,  
Spasticus Autisticus and Hit Me With Your Rhythm Stick**

**www.reasonstobecheerfulthemusical.co.uk**



**All performances include: Captioned Dialogue; BSL Interpreted songs; Audio description**





Did you know that in Newham we produce an average of 2,000 tonnes of household rubbish a week? That's enough waste to fill three football stadiums 10 times over.

Much of this rubbish goes to landfill, which is not only bad for the environment but also costs the council £12m a year which is set to increase.

If we all work together to reduce the amount of waste we produce and recycled more, we could stop this waste of money.

All of those things that take up room in your rubbish bin, such as newspapers, magazines, thin card – including cereal boxes and birthday cards – plastic bottles, food and drink cans and biscuit/sweet tins, can all go into your orange recycling bags.

Your rubbish bin should only be used for waste that cannot be recycled or composted such as cooked food scraps, nappies, sweets and crisp wrappers and yoghurt pots.

### ONE BIN FOR YOUR RUBBISH

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Over the next few weeks waste education officers working for the council will visit residents with more than one rubbish bin to show them how to reduce the amount of waste they are producing.

As residents throw less away they will only need one rubbish bin. Any additional bins will be removed unless you live in a property that has been converted into flats. In that case each flat will have their own rubbish bin. The council will also stop taking any extra rubbish left at the side of bins.





# RECYCLING IN

Only residents who currently have more than one bin or anyone who regularly produces extra rubbish will be affected by this change.

Evidence from other councils across the country with similar initiatives has shown that one 240 litre bin is more than enough for an average sized family.

We know that it isn't always easy to cut down on the amount of rubbish you produce, particularly if you have a large number of people living at home. Homes with more than six people permanently living there may be eligible for a larger rubbish bin for waste.

## FIND OUT MORE

If you've got any questions about this change, visit [www.newham.gov.uk](http://www.newham.gov.uk) or call **020 8430 2000**.

## REV UP YOUR RECYCLING

There are lots of ways you can reduce the amount of waste that goes into your rubbish bin. You can:

- > **use more orange bags. If you run out of bags you can collect more from your Local Service Centre or library**
- > **take glass bottles and jars to any recycling bank – visit**

[www.newham.gov.uk](http://www.newham.gov.uk) to find your nearest one

- > **get your mattress, carpet, wardrobe, fridge, TV or other bulky waste picked up by the council for FREE – just call 020 8430 2000**
- > **never fill your rubbish bin with grass cuttings, leaves or twigs – just call 020 8430 2000 and we'll take it away for FREE**
- > **take any other unwanted waste to Jenkins Lane Reuse and Recycling Centre, IG11**
- > **never dump rubbish on the street – it's an eyesore and classed as fly-tipping.**



# Get out there this half term

## Monday 25 – Friday 29 October

**It's not every day you get a whole week's break from school to do whatever you like. Make the most of your half term by getting active, getting playful and getting out there.**

Below is just a snippet of all that's going on; for full details of all events visit [www.newham.gov.uk/halfterm](http://www.newham.gov.uk/halfterm) or call 020 8430 2000.

### Indoor sports

Throughout the week, Newham Leisure Centre is running a series of indoor sports from 10.30am-2pm. From football and basketball to karate and cheerleading, these sessions are absolutely free and you can just drop in. For ages eight to six.

### Girls' fitness sessions

Also at Newham Leisure Centre, there's free female only fitness classes in the afternoon. From gym sessions to aerobics, spin and aerostep, if you're aged 14 to 19 grab your trainers and step up to the challenge.

### Outdoor sports and activities

From 11am-2pm everyday, there's activities

going on at Stratford MUGA or Memorial Recreation Ground. All completely free, choose from football, handball, athletics, tennis and non-contact boxing.

### Multi-sports competition

Royal Victoria Garden, Priory Park, Forest Gate and Little Ilford Youth Zones are all playing host to free multi-sports competitions on certain days from Monday to Thursday.

### Tape ball cricket

From 2-4pm at the Hartley Centre (Monday), Little Ilford Youth Zone (Tuesday) and Flanders Field (Wednesday), free.

### Non-contact boxing

From 3-5pm at Beckton Globe (Monday) Little Ilford Youth Zone (Tuesday) and Forest Gate Youth Zone (Wednesday), free.

### Cycling

Try out either road circuit cycling or BMX circuit/ mountain biking. For eight to 16-year-olds who can ride a bike confidently. Bikes and helmets are provided, bring a packed lunch and wear

suitable clothing. Tuesday and Wednesday, 11.40am-4pm, meet outside Stratford Station to get the minibus to Redbridge Cycling Centre.

Both sessions are free but you need to book in advance. Call Paul on 07817 657 365 or email [paul.farthing@newham.gov.uk](mailto:paul.farthing@newham.gov.uk)

### Playdays and activities

There's a range of mini playdays, Plant for Life and Go Wild activities taking place everyday in parks and selected children's centres. With arts and crafts, messy play and environmental activities.

For more information call the Family Information Service on 0800 074 1017/ 020 3373 2727, email [customer.services@newham.gov.uk](mailto:customer.services@newham.gov.uk) or check out the website.

### Central Park activities

There's something on everyday from land art activities to green-fingered volunteering.

**For full details of all half term events visit [www.newham.gov.uk/halfterm](http://www.newham.gov.uk/halfterm) or call 020 8430 2000.**





# Starting school in Newham

## Reception class places for September 2011

If your child will have their 5th birthday between 1 September 2011 and 31 August 2012 you need to apply for a reception class place now.

The deadline for a reception class place for September 2011 is **15 January 2011**. If you miss this date you will have less chance of getting the school that you prefer.

From **13 September 2010** you can pick up a copy of the autumn 2010 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.

To make sure you apply on time, **apply online.**  
**[www.eadmissions.org.uk](http://www.eadmissions.org.uk)**







# Newham in pictures





**1** Autumnal marigolds add a touch of colour at the Explore, Discover and Play special event in Little Illford, E12. **2** Manor Park Primary pupils are praised by Sir Robin for their carnival contributions at this summer's Mayor's Newham Show. **3** Soul star turned director Plan B – aka Forest Gate resident Ben Drew – directs an actress on the set of his new film *Ill Manors*, shot in Newham. **4** Blowing our trumpet: parents go back to the classroom to learn more about Every Child a Musician at Sandringham School, E7. **5** Poll position: candidates for Young Mayor 2010 rank their most pressing issues for the borough at a training session at the Old Town Hall, Stratford.

The background of the page is a collage of images related to stonemasonry. On the left, there's a close-up of various stone carvings, including a lion's head and a floral motif. On the right, a person in a white shirt is shown working on a large stone block, with a name tag that reads 'RODNEY WOODHAM'. Below this, another stone block is visible with the name 'KEVIN' and the year '2009' carved into it.

# Building skills for the future

**With the huge amount of regeneration happening in east London, business for students at The Building Crafts College in Stratford is booming. From jobs on the Olympic site for the long term unemployed to courses for teenagers, Steve Hendel is the man out in the community shouting it from the rooftops – whose foundations his students probably built.**

As senior tutor for community programmes at the college, Steve goes into Newham schools and talks with employers to ensure that the construction skills they want, the students at the college get.

**What courses does the Building Crafts College run?**

For 14 to 16-year-olds we've got

foundation learning which is a two year programme in basic construction skills. So a little bit of plumbing, bit of carpentry – it gives young people an idea of the different trades and what they might like to do.

Then we do stonemasonry, fine woodwork, metal roofing –there's quite a range and courses can be full time, part time or in the evening.

And then we do a lot of work with the unemployed. We go through Workplace, Connexions, places like that and run beginner's courses with the students who'll hopefully finish off their training on site with the employer.

**Are your courses good for getting students a job at the end?**





We have a progression route for our students who study with us part time while at school. If they like carpentry or bench joinery, things like that, they can carry on and do the Level 2 Diploma. After the course we don't just say goodbye, we give them help writing their CVs and can put them in touch with employers.

We've really benefitted from all the regeneration happening here so with Westfield Stratford City for example we're doing all the training for the shopfitters. They need trainees 'cause it's such a big job so we're trying to get people ready now to get them on site. You can never say a job's guaranteed but there are opportunities out there and

## > WORKING LIVES

courses for Newham school students and the unemployed are free.

### Do you have a lot of contact with employers?

We have a strong relationship with employers like Bovis and Westfield, particularly with the Olympics on the doorstep. They offer work experience and also take on a lot of previously unemployed people.

Sometimes Bovis might come to us and say 'we need twelve dry liners' and we'll run a course, find the people and get them job ready. If they've been out of work for a long time it's like employability training really and we give them the basic skills they need before they go on site.

We run specific training programmes for unemployed people. Quite a lot of the time it's down to the people – they must want it badly enough, they must have a good attitude and work as a team. If they can get those skills there's a good chance they can get back into work with one of our programmes.

### Are you just based in Stratford?

No, we've also got another centre in Canning Town and that's where lots of our into work training with people not in work takes place. It's called Anchor House in Barking Road and it's a place for the homeless. It used to be the old Seamen's Mission and the old ballroom is now our workshop. The residents at the homeless centre have every opportunity to come along to the courses as well and we've had some successes there with homeless people getting trained and going on to work on the Athletes' Village.

To find out more about all courses, call the Building Crafts College on **020 8522 1705**. For information and advice on getting back into work whatever you're interested in, contact Workplace on **020 8430 4331 /020 8430 6600** or visit **[www.workplace.co.uk](http://www.workplace.co.uk)**



Got something to  
shout about? Email your  
ideas to [newham.mag  
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

# YOUR SPACE

where young people take control

## INVENTIVE ENTREPRENEURS

Newham's E=MC<sup>2</sup> Young Entrepreneurs of 2010 Ayoub Ali, Shuab Uddin, Joynal Ahmed, Rokib Miah, Jordan Thompson, Shahjahan Hossain and Aleya Khtune, aged 17 to 19-years-old, talk about winning the award and their brand new business idea.

"Our entrepreneurial journey started back in mid June. We were selected to participate in a programme called E=MC<sup>2</sup> which stands for Enterprise = (Money x Creativity)<sup>2</sup>. This programme is run by an award-winning social enterprise called The Small Business Consultancy CIC (TSBC). Here business consultants and high profile entrepreneurs guide young people from groups that aren't working or doing much in the community and help them to start a business.

**"consultants and entrepreneurs help young people from groups that aren't working or doing much in the community and help them to start a business"**

"We won the title of E=MC<sup>2</sup> Young Entrepreneurs of the Year 2010 and were awarded £500.

"To win the prize, we established a company called PreventaBurn, and through our own unique designs and features we help prevent people burning themselves. The first product that we are looking to manufacture is called the Stir-O-Meter which is a disposable hot drink stirrer which will tell people if their drink is too hot – subsequently preventing them from burning their tongue.

"We competed against two other teams and convinced the panel of judges which included Rachel Elnaugh (former Dragon on BBC1's Dragon's Den), that our business idea was the best. We have a patent pending on the design of our product."



For more information on the E=MC<sup>2</sup> programme  
and The Small Business Consultancy visit  
[www.thesmallbusinessconsultancy.co.uk](http://www.thesmallbusinessconsultancy.co.uk)  
Follow PreventaBurn's journey on Twitter  
or visit [www.preventaburn.co.uk](http://www.preventaburn.co.uk)



# NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090



Newham London

## Do you require tenants for your empty property? Do you have property ready to let out?

### Newham Council can find you tenants ready to move in.

We will pay you a one off fee of up to £1,000\*.

A damage deposit bond will be issued – Newham Bond Scheme.

Property size	Non-refundable incentive payments paid to the landlord (properties in and outside of the borough)
1 bedroom	£1,000
2 bedrooms	£1,000
3/4/5 bedrooms	£500

- Market rents paid for properties (Local Housing Allowance rates).
- Landlord responsible for management of property and tenant.
- Landlord or agent to provide a 12 month assured shorthold tenancy agreement.
- Damage deposit bond certificate issued is equivalent to four weeks rent.

**For further details contact:**  
**Initiatives Team, Housing Options Centre**  
**3 Prugel Street, Plaistow E13 9HB**  
**Tel: 020 3373 8667 / 8367**

\*One off fee is dependent on the number of bedrooms in the property.

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Newham London

## Training and Conference facilities

**Newham's Professional Development Centre for hire  
for meetings, training seminars and events.\***

- > 14 Rooms for groups of 6-150
- > most with wheelchair access
- > £66 to £211 per day
- > with multimedia projector, video, flipchart
- > off-street parking for 120 cars
- > Café – meals, snacks and refreshments
- > Media Services – one-stop print shop

\*Not available for party hire

**Credon Centre / 020 3373 4289 / [www.npd.newham.gov.uk](http://www.npd.newham.gov.uk)**

## Newham

### Local Housing Allowance (LHA) rates October 2010

Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 75.98
1 bedroom	£ 165.00
2 bedrooms	£ 207.00
3 bedrooms	£ 253.15
4 bedrooms	£ 299.18
5 bedrooms	£ 364.50

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

From 06 April 2009, the maximum LHA rate payable for new claims is for the five bedroom rate only.

#### How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

**Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information**



**thenewhammag**

To advertise here call Julie Madell  
on 07890 529 090 or email  
[julie.madell@newham.gov.uk](mailto:julie.madell@newham.gov.uk)





# Your breast bet

## **Norma Giles from Canning Town is only too aware of the heartbreak that cancer can cause.**

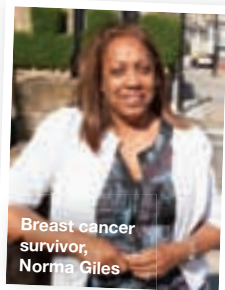
Norma's daughter had already died from cervical cancer when a routine appointment for a breast screening – known as a mammogram – discovered a small tumour in one of her breasts.

Norma said: "I have always taken up my invitations for breast screenings and my previous one, three years earlier, had shown nothing. Even though I self-check my breasts regularly I never noticed anything abnormal."

As the tumour was identified early, an operation to remove it and cancerous cells was successful.

Today Norma is free of cancer and is a Newham Lifesaver. She uses her personal experiences to promote the benefits of early detection and the importance of self-checking and visiting your GP if you spot anything unusual.

Norma says: "Every woman who attends a breast screening could mean another life saved. I strongly urge all women who receive their invitation to a free NHS breast screening to take it up."



**If you are a woman aged between 50 and 70-years-old you will be invited to a free breast screening every three years – the first invite will arrive between the ages of 50 and 53. Make sure your GP has your current address details to ensure you receive your invitation.**

**The NHS breast screening programme will be extended to women aged between 47 and 73 years by 2012. For information and appointments call 020 3465 6631.**

## **Be breast aware**

Women should regularly self examine their breasts and look for any of the following:

- > **appearance** – any change in the shape of the breast, especially those caused by arm movements, or by lifting the breasts. Any puckering or dimpling of the skin
  - > **feelings** – discomfort or pain in one breast
  - > **lumps** – any lumps or bumpy areas in one breast or armpit which seem different from the same part of the other breast and armpit
  - > **nipple change** – nipple discharge, new and not milky. Bleeding or moist reddish areas which don't heal easily. Any change in nipple position – pulled in or pointing differently. A nipple rash on or around the nipple.
- If you notice any of these signs, visit your GP immediately.**

# Be quids in with **moneymadeclear**

**A bit more cash in our pockets is a rare thing when the financial future is overcast by a cloud of doom that seems to be coming ever closer. But there is a ray of sunshine in the form of moneymadeclear – economic advice you cannot afford to ignore, no matter what your circumstances.**

Whether you want to budget, save or borrow, these free and impartial sessions will help you make informed financial decisions about your money. You can make an appointment to speak to someone face-to-face at East Ham or Manor Park Local Service Centres or you can get advice from the comfort of your armchair by calling the team on 0300 500 5000.

Advice is provided by trained money guides from the Consumer Financial Education Body (CFEB). The CFEB can help you understand financial services and products in the UK and give you guidance on how you can manage your finances better.

Get one step closer to priceless advice by calling the council or dropping into any Local Service Centre to book your free appointment.

#### **Moneymadeclear can help with:**

- > seeing where you can make a saving – one customer discovered she could be £2,500 better off if she gave up Red Bull for a year!
- > returning to work or education – what you can claim
- > overpayment of tax – have you been lining the tax man's pockets with additional cash?
- > budget planning – living within your means and staying in the black
- > pensions advice – private, state or employer
- > advice on bank charges
- > debt management

- > how to cope financially if suffering from a serious illness
- > saving on utility bills.

#### **Put your money where your mouth is**

For more information about moneymadeclear visit [www.moneymadeclear.org.uk](http://www.moneymadeclear.org.uk)

#### **You can book your free session today by:**

- > calling 020 8430 2000. Ask for a moneymadeclear appointment
- > making an appointment at any Local Service Centre.

You can also get free advice by calling 0300 500 5000, between 8am and 8pm, Monday to Friday. Calls are charged at your provider's normal rate.





# Let's get physical



In July we put a call out to find our faces of fitness - adults of all ages who wanted to get fit and hopefully inspire others to follow their example. In the first of our series of features that showcase the wealth of active entertainment available on our doorsteps, we introduce you to Jacquie Williams from East Ham.

## Jacquie's story



"I'm in my mid-forties and have begun noticing that my inactive lifestyle is catching up with me. I have an office job and do very little exercise. Every month I make excuses about my weight, like: 'I work hard so I deserve a Chinese and half a bottle of wine.' My teenage sons are both keen sportsmen, they say: 'Mum, come on now, you need to lose weight, it's not good for your health.' I feel slim in my head but look in the mirror and know I'm kidding myself. I am fortunate to have no health issues but how long will that last? I'm at the stage and age that I need to change my life."



**Jacquie spoke to our sports and activities team who directed her to Central Park to take part in one of Run in England's many running groups, which are held across Newham.**

### **A bit about the session**

The Run in England scheme is a community based project backed by England Athletics. Its aim is to encourage people of all ages and abilities to get speedy on their trainers and give running a go. From a brisk walk to a steady sprint, the sessions help you exercise at a pace that suits you.

**Central Park Running Group, Saturdays, 10-11.30am, £2, meet by Central Park Café**

Jacquie said: "My first session was hard, but that's because I'm unfit! It was an hour-and-a-half but it went quicker than I expected. The instructor, Bisi, was very supportive, she told us what exercises to do but it's all at your own pace.

"The session began with a warm up involving running drills, high knees and a few team building games to break

the ice. There's a marked out route in the park which tells you how much ground you've covered and you don't have to run all the time – you can brisk walk too.

"You get tips on how to use your arms, your posture and breathing and it ends with a game. You feel good after the session. I'll definitely keep going and I'd recommended it to other people.

"I've started walking a lot more and I'm keeping an eye on my diet. I'm starting gradually but I've set myself a goal and I want to do the Newham London Run, which is 10k, next year."

### **Run to your nearest group**

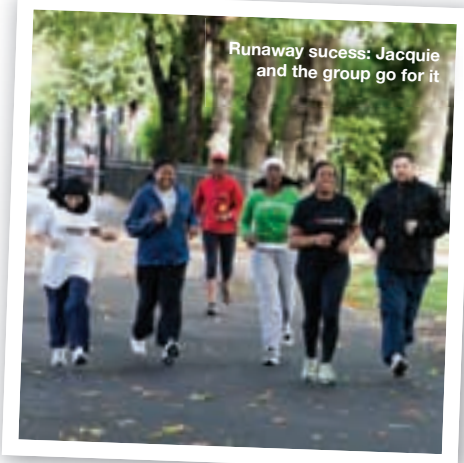
Run in England sessions are held everyday in areas across the borough and are led by fully trained and insured group leaders. Turn to page 37 for all Run in England group listings.

Each session costs £2, and after 10 sessions you'll get membership to the Run in England scheme, a free water bottle, T shirt and log book.

For more information about running groups in Newham email [oimafidon@runinengland.co.uk](mailto:oimafidon@runinengland.co.uk) or call **07979 261 647**.

### **Run for Newham**

We want more residents than ever to take part in next year's Newham London Run. There are 100 free places up for grabs for the 10k run on a first



come, first served basis. Sign up today by emailing [run@newham.gov.uk](mailto:run@newham.gov.uk)

If, like Jacquie, you'd like to get fit and help us showcase sports activities in Newham email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk) with your reasons for wanting to getting involved.

### **Reasons to run**

**Almost everyone can do it.**

**It's cheap and easy – all you need is a decent pair of trainers.**

**It keeps you fit.**

**It helps manage weight – and is a great way to stay in shape.**

**It's good for your bones.**

**It's good for your mind and it gives you time out.**

**It's a free mode of transport.**





## FREE WELFARE BENEFITS AND DEBT ADVICE

If you're on a low income and need some help to sort out your benefit queries or debt problems then pop into Newham Citizens Advice Bureau. The bureau provides free independent and confidential advice on a range of issues including:

**welfare benefits** – overpayment of Housing Benefit, Council Tax Benefit, back payment of benefits, pensions, bereavements, Disability Living Allowance and assistance filling in forms and appeals

**debts** – rent and mortgage arrears, credit cards, personal loans, catalogue debts, court fines and much more.

If you think you could do with some help or advice on these issues, call 020 7540 4941/ 4942 to book an appointment. Alternatively, visit the bureau at 71A Coolfin Road (off Freemasons Road), Custom House. Opening hours are Monday to Friday, 9.30am-4.30pm.

## Help with your energy bill

If you're struggling to pay your gas or electricity bills then you could be eligible for a grant to help you keep warm.

If you're an EDF or British Gas customer then you could get help from the East London Financial Inclusion Unit (ELFI). The unit is funded by the EDF Energy Trust and it aims to help people on a low income pay their fuel bills. If you meet certain criteria then you can get a grant towards your bill.

You may be eligible for help if your household income is less than £15,000 per year or if you are in receipt of:

- > **Income Support**
- > **Jobseeker's Allowance**
- > **Working Tax Credit**
- > **Child Tax Credit**
- > **Housing Benefit**
- > **Council Tax Benefit or Disability Living Allowance**
- > **Pension Credit.**

If you meet the above criteria then get in touch with ELFI to see if they can help. Call 020 8534 3487 and if the line is busy, leave a message and a representative will call you back.



## Free girlguiding taster sessions

If you're female, aged 12 to 18-years-old and fancy trying something new this half term then get on down to Stratford for a free taste of the world of girlguiding.

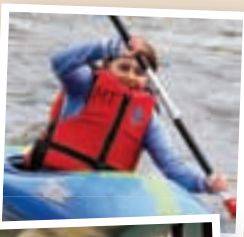
The largest youth organisation for girls in Britain – Girlguiding UK – is running free taster sessions for young women to try out activities that have made the girl guides popular for the last 100 years.

There'll be a variety of things to do from cooking and pampering to crafts and challenges. Parents and younger siblings are welcome though children aged under ten need to be accompanied by an adult. Light refreshments will also be on offer.

On Tuesday 26 and Thursday 28 October there will be two sessions from 10am-1pm and 1-4pm, at the Chandos Community Centre, Colegrave Road, E15.

**There's no need to book and you can just drop in.**

**For more information email [roger\\_pettit@btinternet.com](mailto:roger_pettit@btinternet.com) or call Janice on 020 8529 1162.**



## CREATE and connect

Calling all poets, visual artists, musicians, community groups or anyone with a creative bone in their body. Come to a FREE information and networking evening on how to get involved in next year's CREATE festival.

CREATE is a cultural festival that spans the five host boroughs of the London 2012 Games, and is all about the local community taking part. This year's festival was held behind The Place in Canning Town.

At the event, creative programmer Hadrian Garrad will talk about next year's festival and tell you how you can take part. In the second half of the evening you will be free to network with other creative types. The session is open to anyone who lives or works in Newham.

### **CREATE information and networking evening**

**Tuesday 26 October, 6.30-9pm**

The Place, 2 Silvertown Way, E16

Register in advance at [www.eventbrite.com/event/869700297](http://www.eventbrite.com/event/869700297)

For more information email [arts@newham.gov.uk](mailto:arts@newham.gov.uk)

## Carers' Corner

Newham Carers United is a forum for unpaid carers who live in Newham. It meets regularly to discuss a range of issues important to carers.

The next forum meetings are on:

**Tuesday 19 October, 10.30am-1pm**

**Thursday 21 October, 5.30-8pm.**

Both meetings are at Stratford Advice Arcade, 107-109 The Grove, Stratford.

The theme of both forums is Planning for the Future. There will be presentations, discussions and workshops around things such as lasting power of attorney, wills, protecting your pension, trusts and end of life care.

The forum is for unpaid carers of family members, relatives or friends and is not for professional care workers.

Simply turn up or for more information, call Stephen on 020 8519 7536 or email [stephen@newhamcarers.org.uk](mailto:stephen@newhamcarers.org.uk)

In addition to the forums, the following sessions are open to carers at Stratford Advice Arcade:

**Coping Strategies,  
Tuesday 2 November,  
10.30am-12.30pm**

**Mindfulness: techniques for  
managing stress, Tuesday 23  
November, 10.30am-12.30pm.**

**For more information or to book a  
place call Jackie on 020 8519 0811.**





# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**

## GALLERY



*Romahn Flemmings, 9*



*Lloyd Roberts, 12*



*Shazia Begum, 9*



*Ann, 6*



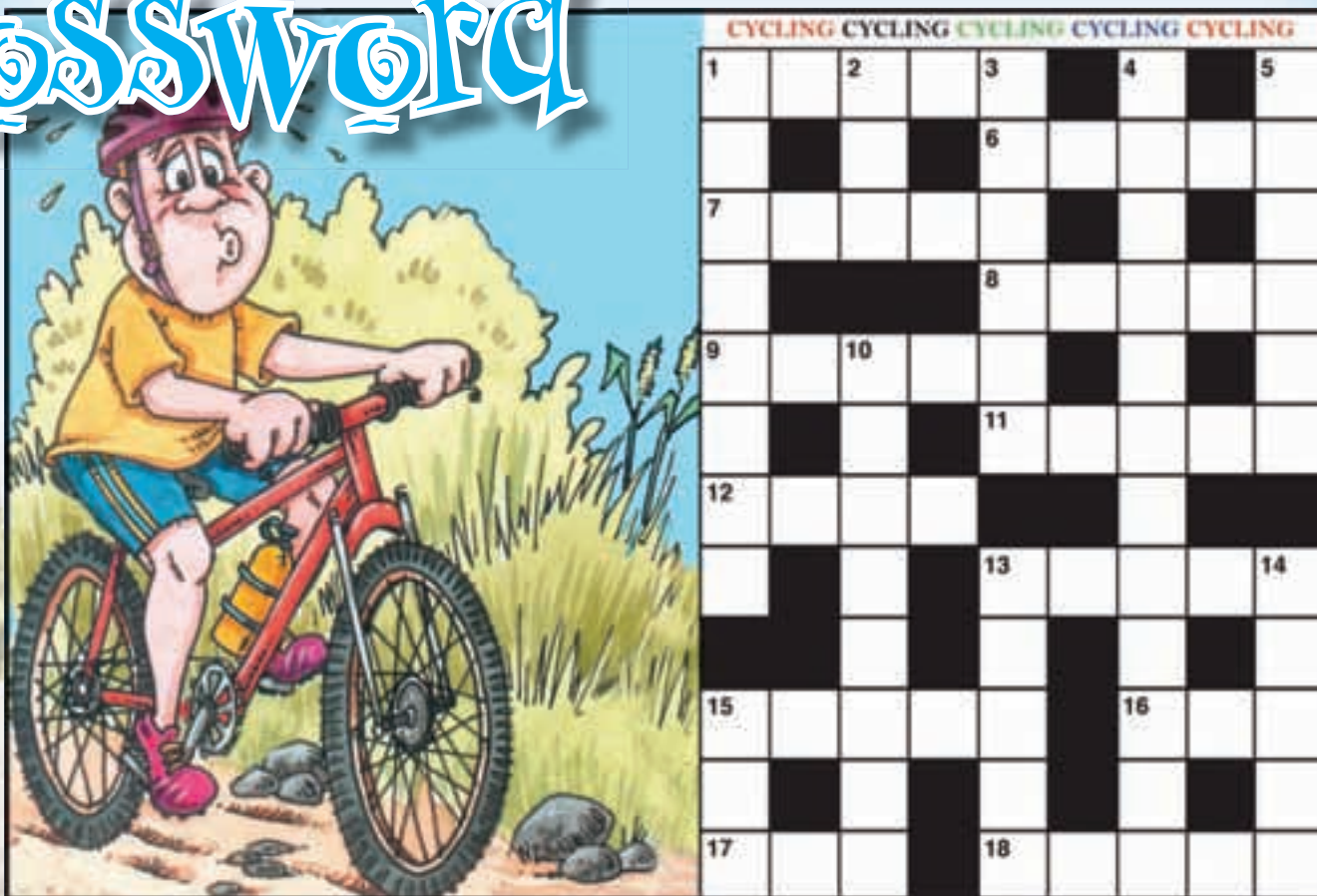
## Win tickets to Stratford Circlets



Stratford Circlets

For great entertainment and a family day out, Stratford Circlets is the place to go with its successful fortnightly Saturday programme of theatre – catering for children, families and carers. Circlets provides affordable fun for ages 6 months to 11 years; visit [www.stratford-circus.com](http://www.stratford-circus.com) for more information on all their upcoming children shows. The winner shown on this page wins a family ticket for four to see Small Worlds on Saturday 6 November. Get your entries in now for the chance of winning a family of four ticket to see When We Lived in Uncle's Hat on Saturday 20 November – you must be able to attend on this date. Send your pictures, jokes and poems to Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. **Don't forget to write your name, age, address and contact daytime telephone number on the back of your entry – good luck!**

# Crossword



## Poem

### I'm The World

I'm a wooden brown stick.  
I'm a bright red parrot .  
I'm a loaf of harvest bread.  
I'm a bright orange carrot.

I'm a bright blue cap.  
I'm a big grey egg.

I'm as strong as you.  
Guess what, I've turned into a peg.

I'm a white old brush.  
I'm always in a hurry.  
I'm a grey armoured Viking.  
Oh, I am always a worry.

I'm a big yellow bear.  
I'm as strong as I can be.  
I'm the best of all.  
Look at me!

**By Armaan R, 8**



# WHAT'S ON?

**FIVE PAGES  
OF ACTIVITIES  
MOSTLY FREE,  
ALL FUN!**

To view hundreds of events, or to add your own,  
log on to [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

**15-29 OCTOBER**

## TRY SOMETHING NEW... FILM MAKING WITH TATE MODERN

This half term on Wednesday 27 and Thursday 28 October, the Tate is looking for five to 13-year-olds to help create an animation film made by and for children.

At Newham Leisure Centre, 281 Prince Regent Lane, E13, they'll be a series of one hour sessions from 10.20am-2.30pm. You will get to work with artists and film-makers in the Tate Modern Truck while getting involved in the whole movie making process online – from the hand-drawn characters and plot twists, down to costumes and sound effects. Check out [www.tatemovie.co.uk](http://www.tatemovie.co.uk) for more information.

The finished film will be broadcast on BBC TV in mid-2011, while CBBC's Blue Peter will be following the real-life production process.

The Tate Movie Project workshops are free but you need to register in advance as places are limited. You will be sent a consent form for your parent or guardian to sign and you must return this before the event to guarantee a place.

To register visit  
<http://tatetruckinnewham.eventbrite.com>  
For more information  
email [arts@newham.gov.uk](mailto:arts@newham.gov.uk)  
or call Emily on  
07814 685 109.

## ALL LIBRARY LISTINGS

See Library Contacts for venue details.

### UNDER FIVES GROUPS

All open to under fives with their parents/carers.

#### Storytelling

**Beckton Globe**

Friday 10-11am

**Canning Town**

Monday 10.30-11.30am

**Custom House**

Tuesday 10.15-11.15am

**East Ham** Wednesday 2-3pm

**The Gate** Friday 11am-12noon

**Green Street** Thursday

10.30-11.30am

**Manor Park** Thursday

10.30-11.30am

**North Woolwich**

Thursday 2-3pm

**Plaistow**

Tuesday 11am-12noon

**Stratford** Tuesday 11am-

12noon and Friday 2-3pm

**Crafts Club**

**Manor Park**

Tuesday 10.30-11.30am

**Toy Library**

**Beckton Globe** Monday

10am-12noon and

Thursday 1-3pm

**East Ham** Tuesday

10am-12noon and Thursday

10am-12noon

**Imaginative Play**

**East Ham** Friday

10.30-11.30am

**Learning & Craft**

**Beckton Globe** Tuesdays

during school term 1.30-2.30pm

### ADULT READING

**Adult Reading Group**

**East Ham** Monday 18

October 6.30-7.30pm

**Read Around the World Book Group**

**The Gate** Tuesday 19

October 6.30-8pm

### OTHER GROUPS

**Over 50s Club**

**Beckton Globe**

Tuesday 9.45-11.45am

**Click-On** – computer

sessions for over 50s

**East Ham** Friday

10am-12noon and 2-4pm

**Plaistow** Friday 10am-

12noon and 2-4pm

**ICT Surgeries**

**East Ham** Friday 4-5pm

**The Gate** Thursday

10am-12noon

**Manor Park** Thursday 2-4pm

**Knit & Natter** – craft group

for men and women of all

ages and abilities

**Beckton Globe** Wednesday

10am-12noon

**Canning Town**

Friday 10am-12noon

**Writers' Group**

**The Gate** Tuesday 26th

October 5.45-7.45pm

**Movie Night** –free showing

the film 'Let the Right One In'

(Cert.15). Directed by Tomas

Alfredson, the film is about

Oskar, a bullied 12-year-old boy

longing to extract revenge on his

tormentors. He meets a girl...

**Stratford** Thursday 28

October 6-8pm (prompt start)

### YOUNG PEOPLE

**Homework Club** – All young people aged seven to 14 can get free study support at their

local library on the days and times below. School term only.

### Beckton Globe

Tuesday 4-6pm

### Canning Town

Thursday 4-6pm

### Custom House

Thursday 4-6pm

### East Ham

Monday 4-6pm

### The Gate

Tuesday 4-6pm

### Green Street

Tuesday 4-6pm

### Manor Park

Thursday 4-6pm

### North Woolwich

Monday 3.30-5.30pm

### Plaistow

Thursday 4-6pm

### Stratford

Monday 4-6pm  
**Games Clubs** – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

### Canning Town

Monday 3.30-5.30pm

### Custom House

Tuesday 3.30 to 5.30pm

### East Ham

Tuesday 3.30-5.30pm

**Manor Park** Monday 3.30 to 5.30pm

**Stratford Playerz** – Free activities for 7 to 14-year-olds. Play PS3, Xbox 360 and Wii consoles.

**Stratford** Thursday 21st October 4 to 6pm

**Teenage Games Club** – PS2 and Xbox games, music, board games and many more activities for ages 12-16.

**Beckton Globe** Wednesday 3-5pm

**Teen Xtra Evenings** – Free activities for ages 12-21.

**The Gate** Thursday 6-8pm

**Family Reading Group** – A chance for children aged five to 11 and their families to read and have fun together.

**The Gate** Saturday 30th October 2.30-4pm

## LIBRARY CONTACTS

**Beckton Globe** 1 Kingsford Way, E6 5JQ. 020 3373 0853

**Canning Town** Barking Road, E16 4HQ. 020 3373 0854

**Custom House** Prince Regent Lane, E16 3JJ. 020 3373 0855

**East Ham** High Street South, E6 6EL. 020 3373 0827

**The Gate** 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

**Green Street** 337-341 Green Street, E13 9AR. 020 3373 0857

**Manor Park** Romford Road, E12 5JY. 020 3373 0858

**North Woolwich** 5 Pier Parade, E16 2LJ. 020 3373 0843

**Plaistow** North Street, E13 9HL. 020 3373 0859

**Stratford** 3 The Grove, E15 1EL. 020 3373 0826

**Archives and Local Studies** 020 3373 6881

**Community Outreach Services**

For more information call



Football

020 3373 0813

## SPORTS PROGRAMME

### Basketball

#### Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

### Youngbloods Basketball

- Under-12s, mixed

Saturdays, East Ham Leisure Centre

1-3pm

- Under-13/14s, boys

Mondays, 6-8pm, St Angela's School

Tuesdays, 5.30-7.30pm

Newham Leisure Centre

- Under-14s, girls

Mondays, 4.30-6pm, St Angela's School

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre

- Under-15/16, boys

Tuesdays, 6-8pm, East Ham Leisure Centre

Fridays, 6-8pm, St Angela's School

- Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham Leisure Centre

Thursdays, 7-9pm, St

Bonaventure's School

Fridays, 6-8pm, St Angela's School

Each session costs £1. Contact Caroline on 07958 307 657 for more details.

### Football

#### Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue, Canning Town, E16.

- Mayor's Football League, U14, U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition, 8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasnet Park, E6

### WHU Kickz (free)

#### Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

#### Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm



Games Clubs





West Ham Community Astro  
Turf (Beckton)

- 11-18, 6-9pm

Priory Park MUGA, E6

**Wed**

- 11-18, 5-8pm

Priory Park MUGA, E6

**Thurs**

- 11-18, 4-7pm

Priory Park MUGA, E6

**Fri**

- U14, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham Community Astro  
Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

### **Air Football 16+**

**Tues**

1-3pm, Stratford Park, E15

**Fri**

3-5pm, Beckton Powerleague

For more info visit

[www.airfootball.co.uk](http://www.airfootball.co.uk)

### **Ascension Football Academy**

For info call Louise on  
07841 749 292.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

All sessions £2.50

King George V Park, E16

### **Football and basketball Newham All Star Sports Academy (NASSA)**

- 12-16 mixed, Mon

6-7.30pm,

- 18+, 7.30-9pm, Newham

Leisure Centre, E13

- 11-16 girls, Tues,

4.30-6pm, Sarah Bonnell

School, E15

- Fri, 4.15-5.30pm 8-11 mixed

3.30-7.30pm, 12-16 mixed

Cumberland School, E13

For more information about

Newham All Star Sports

Academy (NASSA)

call Chris on 07932756197

or Natasha on 07985281581

or visit [www.nassa2012.org.uk](http://www.nassa2012.org.uk)

### **Handball (free)**

- Newham Flames, Tues

U15, 3.30-5pm

U18, 5.30-6.30pm

Newham Leisure Centre, E13

(Multi-Sports Hub)

Call Ari Bekker on

020 8430 2484

### **Multi sports (free)**

Newham NSP

- Handball, football,

competition

5-7pm, 8-19

Wed, Stratford Park, E12

- Coaching and competition

4-5.30pm, 8-19

Fri, St John's Community

Centre, Albert Rd, E16

### **Athletics at Newham Leisure Centre**

- Get Set Go Group, 11-16

Mon, 4-5.30pm, £1

- Met Track 10-17

Fri, 4.30-6pm

- Newham and Essex Beagles

Athletics Club, 10+

Mon and Wed, 6.30-9pm;

Sun, 10am-1pm

Email [jacqueline.ramsden1@](mailto:jacqueline.ramsden1@btinternet.com)

[btinternet.com](mailto:btinternet.com)

### **Cricket**

- Tapeball cricket league (free)

11-15, 16+, 6-9pm

Kingsford Astro Turf

- Rokeby community cricket

(free)

Wednesday 4-5pm

8-16

Rokeby School sports hall,

Pitchford Street, E15

Call Ben for info:

07971 286 254 or

email [chambersharry](mailto:chambersharry@hotmail.com)

@hotmail.com

- Newham Cricket Club

Monday 5-7pm

8-16, £2 per session

Flanders field,

Napier Road, E6

Visit [www.newham.gov.uk](http://www.newham.gov.uk)

for information.

### **Boxing**

East Ham Boleyn ABC

10- years +; boys only

- Mon, Tues, Wed, 5-6pm

East Ham WMC, 2 Boleyn

Road, E6

Call Daniel Penny on

07958 124 144

- West Ham Boys ABC

9-years +; boys and girls

Mon, Wed, Fri, 5-6pm

The Black Lion, 59-61 High  
Street, E13

Call Lianne Jameson on

020 8472 3614

- Peacock ABC 8-years +

Mon, Wed, 6-8pm

boys and girls

Caxton Street North, E16

Call Martin Bowers on 020

7511 3799

- Newham Boys ABC

6-years +; boys only

Mon, Wed, Fri, 6-7.45pm

Old Bath House

141 Church Street, E15

Call Ravinder Atwal/Joe

Chapman 020 8519 5983

- Fight For Peace 11 years

+; boys and girls

(Phone for session details)

Woodman Street,

North Woolwich, E16

Call Marigold Ride

on 020 7474 0054

**Contact clubs before  
visiting**

### **Free non-contact boxing**

Non-contact boxing is the  
perfect way to increase your  
fitness, lose weight, build  
strength and learn to defend  
yourself.

Osmani Boxing Club is open

to males aged eight to 25

Fridays, 4-6pm

Froud Centre, 1 Toronto

Avenue, E12

For more information call

020 7247 8080 or email

[healthyfutures](mailto:healthyfutures@osmanitrust.org)

@osmanitrust.org



### Free sports@Ascot Hall

Football, girls and boys, eight-15yrs, Sat, 10am-12pm  
Street dance for girls, all ages, Sat, 12-1pm  
Non-contact boxing, eight-12yrs, Sat, 2-3pm  
All sessions are free, for info call 020 8430 4775  
Ascot Hall, Hermit Road, E16

### Newham Swords

Learn to fence with Olympic champions; from ages four to adult. The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13.  
Tuesday 6.30-9pm  
Thursday 6.30-9pm  
Friday 7.30-10pm  
Call Linda on 07956 618 898 or visit [www.newhamswords.co.uk](http://www.newhamswords.co.uk)

### Newham Striders

Free, sociable walking group that go striding in the local area seven days a week. Visit [www.newham.gov.uk](http://www.newham.gov.uk), email [paula.peatty@newham.gov.uk](mailto:paula.peatty@newham.gov.uk) or call 020 8430 2000 for more information.

### Heart Support Group Annual Walk

**Monday 6 September, 1.30pm**

Central Park, High Street South, E6, meet at the War Memorial. Join the Newham Striders and the Heart Support Group on their annual walk to raise awareness and money to help beat heart disease. The walk is suitable for all abilities and takes place in the park.

For a sponsorship form and to book your place contact Sheila Williams on 020 7363 9317 or email [sheila.williams@newhamhealth.nhs.uk](mailto:sheila.williams@newhamhealth.nhs.uk)

### Newham Shoujin Karate Sessions for beginners:

Wednesday 4.30pm - 5.30pm (4-15)  
Thursday 7.30pm - 8.30pm  
Fit2Fite (martial arts based

aerobic session for all abilities) (16+)  
Friday 6.00pm - 7.00pm (4-15) & 7.00pm - 8.00pm (16+)  
Sunday 10.00am - 11.00am (4 - 16+)  
Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more information call 07508 070 638.

### Ramgarhia Badminton Club Adults (Advanced)

Tuesdays, 7-9.30pm  
Little Ilford School Church Road Manor Park

### Juniors

Fridays, 6-7.30pm  
Adults (Beginners/Intermediate)  
Fridays 7.30-9.30pm  
Langdon School

Sussex Road East Ham

For more information and prices contact Kilvir Bahra on 07803 834 037 or email [ramgarhia.bc@gmail.com](mailto:ramgarhia.bc@gmail.com)

### OPA Netball Club Tuesdays

Under 16s: 6-7pm and over 16s 8-9pm

Matches in Essex Met League/Three Swords League on Saturdays

Lister Community School, St Mary's Road, Plaistow

All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email [opa\\_netball\\_club@hotmail.com](mailto:opa_netball_club@hotmail.com)

### Run in England - all £2

For more details email [oimafidon@runinengland.co.uk](mailto:oimafidon@runinengland.co.uk) or call 0797 926 1647

**Monday**, 4-5.30pm, Newham Leisure Centre E13, meet on the track

**Tuesday**, 6-7pm, Newham Leisure Centre E13, meet on the track

### Wednesdays:

12-1pm, Newham Dockside, Dockside Road E16, meet at reception

5.30-6.30pm, Newham Leisure Centre E13, meet on the track

**Thursday**, 5.30-6.30pm, Newham Dockside, Dockside Road E16, meet at reception

**Friday**, 12noon-1pm, Warehouse K, meet outside Fox pub

**Saturdays**, all 10-11.30am: Central Park E6, meet at the café, Wanstead Flats, meet at Harrow Rd Changing Pavilion West Ham Park E15, meet at southgate entrance off Portway

**Sunday**, 10am-12 noon, Newham Leisure Centre E13, meet on the track

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

### Multi-Sports

New free Flying Wheels club for young wheelchair users aged 6-22. With an emphasis on wheelchair rugby and training from professional players, come experience different sports activities and health and fitness. Wednesday evenings, 7-9pm The Hartley Centre, 267 Barking Road, East Ham, E6  
Call Eda on 020 8472 0058 for more information.

Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm

### Multi-Activities

People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

### Swimming for children with special needs

Tues, Newham Leisure Centre, E13, from 2.30-4pm  
Call NLC on 020 7511 4477

Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm  
For more information call 020 8552 3195

The 3 Hs, Sun, Balaam Leisure Centre, E13, 12.30-2pm  
For details call Zeenat 07528 562 902

### Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

### Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

### B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

### ARTS LISTINGS

### Theatre Royal Stratford East

#### Reasons to be cheerful

22 October - 13 November  
22/23/26 Oct: £10

Tues - Thurs & Sat matinee (6 Nov only): £17/£12

Concs (£12/£7)

Fri & Sat £20/£15

Concs (£15/£10)

It's 1979. Ian Dury and the Blockheads' new single Reasons to be cheerful (part 3) is climbing the charts. Vinnie and his mates are desperate to see him but the gig is sold out. Vinnie will do anything to get tickets, but life is complicated. Set during a time of political change and economic hardship, Dury's songs provide a powerful political and emotional backdrop to this coming-of-age tale. All performances include captioned dialogue and BSL-interpreted songs.



All performances are audio described. Call 020 8534 0310 or visit [www.stratfordeast.com](http://www.stratfordeast.com)

### **Stratford Circus**

#### **The Paper Washi Wish**

Saturday 23 October,  
11.30am / 3pm  
£6 / £5

A unique theatrical experience, featuring traditional Japanese storytelling, Kamishibai. A charming, vibrant show for younger audiences, complete with a hands-on papermaking experience.

#### **Quincy's Comedy Lounge – The Good, The Bad, The Cockney**

Saturday 23 & Sunday 24  
October, 8pm  
£15 / £12.50

In his first solo show, Quincy's best kept secret guarantees to take you on a comedy rollercoaster of emotion. From raising his sons, to finding his feminine side and showing the world he's still an Alpha male.

Website [www.stratford-circus.com](http://www.stratford-circus.com), box office 0844 357 2625

### **COMMITTEE MEETINGS**

The following meetings all take place at the Newham Town Hall unless specified.

#### **Crime and Disorder Scrutiny Commission**

Tuesday 19 October, 7pm

#### **Strategic Development Committee**

Tuesday 19 October, 7pm

#### **Audit Board**

Wednesday 20 October,  
7pm

#### **Local Development Committee**

Wednesday 20 October, 7pm

#### **Newham Partnership Board**

Thursday 21 October,  
3.30pm

#### **Cabinet**

Thursday 21 October, 5pm

#### **Overview and Scrutiny Committee**

Tuesday 26 October, 7pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – [www.newham.gov.uk](http://www.newham.gov.uk)

The Forward Plan, also available on the Newham website, sets out all key decisions to be taken over the next four month period. The October Edition of the Forward Plan was published on 16 September 2010

### **MEET THE MAYOR**

#### **Mayor's Surgery**

Tuesday 19 October  
5-6pm

Newham Town Hall, Barking Road, E6

This surgery will be covered by Cllr Richard Crawford on behalf of the Mayor.

Saturday 23 October  
9-10am

Manor Park Local Service Centre, 685-689 Romford Road, E12

## **USEFUL NUMBERS**

### **020 8430 2000**

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit [www.newham.gov.uk/yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

For information about Community Forums freephone 0800 519 4015 or email [community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)

For information about the 2012 Games and how it will affect Newham, visit [www.newham.gov.uk/2012Games](http://www.newham.gov.uk/2012Games)

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

## **BRILLIANT BADMINTON**

Two new weekly badminton sessions are kicking off this autumn.

### **No Strings Badminton**

On Sunday afternoons from 2-4pm, adults and families can come and swipe the shuttlecock in a hassle free way.

You don't need to book a court, equipment can be provided and there's no membership fees or commitment. You can be of any age and ability and you're guaranteed a playing partner at every session.

Play takes place every week at Newham Leisure Centre, 281 Prince Regent Lane, Plaistow, and costs £2; free for students for the first eight weeks – just bring your student ID with you.

Just turn up or for more information call 020 7511 4477 or visit [www.nostringsbadminton.co.uk](http://www.nostringsbadminton.co.uk)

### **Free women only badminton**

Come down to the Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, on Saturdays from 10.30-11.30am for some female only court action. All equipment is provided and beginners are welcome, for ages 16 and over, FREE.



This surgery will be covered by Cllr Richard Crawford on behalf of the Mayor.

### **Telephone surgery**

Wednesday 27 October  
9.30 - 10.30am

Residents can telephone 020 3373 8444 between 9.30am and 10.30am and speak directly to the Mayor

# GET YOUR HOME READY NOW FOR THE WINTER



To book your FREE home assessment call our approved contractor

**ARAN INSULATION**  
**0800 587 7795**

(please quote Newham Council)

or apply on-line at  
**[www.londonwarmzones.co.uk](http://www.londonwarmzones.co.uk)**

**Making sure your home is well-insulated can save you up to £265\* a year on your fuel bills, as well as keep you nice and warm.**

London Warm Zone is a not-for-profit organisation working in partnership with Newham Council to help homeowners and tenants renting from a private landlord with home insulation improvements.

**FREE loft and cavity wall insulation if you:**

- are aged over 60 years and are either retired or not in paid employment
- are in receipt of income or disability benefits
- have children under 16 years and your annual income is below £25,000

**Discounted installation costs** from only £199 for all other residents.

All insulation work and costs are subject to survey, funding and eligibility criteria. All work is carried out to industry standards and approved contractors are monitored for quality and customer care.

**We make it easy for you with a free home assessment to check if your home's insulation could be improved. Call us now so your home is ready for this winter.**

\* Estimated saving of £265 a year is for a three bed semi-detached, gas heated property with full loft and cavity wall insulation installed.

**warmzone**  
working together for warm homes in London



in partnership with

**Newham London**

An extra **£81** per week  
**=£4,200** a year better off!

**workplace**  
Creating a better future

Your neighbours in Newham found work with the support of the Mayor's Employment Project. On average they are now £81 per week better off, which amounts to £4,200 a year.

The Mayor's Employment Project supports people who live in households where no one is working, or those with little or no work experience.

What would you do with the extra cash?

**Contact us for more information**

**020 3373 1101 / [info@newhamworkplace.co.uk](mailto:info@newhamworkplace.co.uk)**

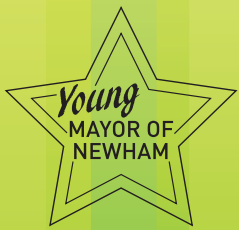
**/ [www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk)**

Stratford Canning Town

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**Newham London**  
Partnership





# YOUNG MAYOR 2021

[www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)



**YOUR VOTE COUNTS**  
Final election: 3 - 4 November